


Baltz Elementary School

Physical Activity Choice Board

Pick 1 activity to do each day of the school week. You can always do more!

<p style="text-align: center;">Water Bottle Trap</p> <p>You will need a waterbottle, laundry basket or box, and a ball. Prop the basket up on the water bottle. Stand back a set distance and roll the ball at the water bottle. 1 pt for trapping the ball, 2 pts for trapping the water bottle, 3 points for trapping the water bottle and the ball</p>	<p>Visit Cosmic Kids Yoga and do at least one video</p> <p>https://www.youtube.com/channel/UC5ulZ2KOZZeQDQo_Gsi_gbQ</p> 	<p style="text-align: center;">Commerical Challenge</p> <p>During an hour of television doing the following exercises for the length of the commercial break.</p> <ol style="list-style-type: none"> 1. Toe Raises 2. Crab Kicks - in a crap position, kick your right leg then left, repeat for length of commercial. 3. Jumping Jacks 4. Plank (add shoulder touches if you would like) 5. Squats (add 2 air punches when you stand up if you would like) 	<p style="text-align: center;">Do your laps!</p> <p>Run up and down your driveway or up and down the sidewalk. Run around the block! Run around your yard!</p>	<p style="text-align: center;">Birdie in the Cage</p> <p>You will need a spatula, a ball or sock ball and a laundry basket or box. Stand back a set distance. Use the spatula to try to hit the ball into the basket. If you need to make your spatula bigger, tape a paper plate to it!</p>
<p style="text-align: center;">Frisbee (Remember to stand sideways, throwing arm closer to target, frisbee at your belly and stretch your arm out to throw)</p> <p>If you do not have a frisbee...make one! Take a paper plate, fold a pair of socks and lay them on the plate, put another plate upside down on top and then tape around the edges! Toss it back and forth with someone or set a basket on its side and toss it in the basket</p>	<p style="text-align: center;">Fan It!</p> <p>You will need a book (hard back works best!) and a plastic bag. Use the book to fan the plastic bag across a room or down a hallway</p>	<p style="text-align: center;">Alphabet Walk</p> <p>Go for a walk with a family member. While you are walking, find objects that begin with the letters of the alphabet or find the letters themselves. Start with A and see if you can get to Z!</p>	<p style="text-align: center;">Rocket Strick and Catch</p> <p>You will need an empty toilet paper roll. Hold it in loosely in one hand and hit it up from the bottom, it should pop up in the air. Then try and catch it. Can you catch it above your head? Can you catch it low? Can you caatch it with 1 hand? How else can you catch it?</p>	<p style="text-align: center;">Ride your Bike or do a Sidwalk Chalk Obstacle Course</p> <p style="text-align: center;">Bike Safety Video: https://www.youtube.com/watch?v=dkoVxBnnGko</p> <p>Here is a good video with lots of ideas for a chalk obstacle course https://www.youtube.com/watch?v=m-XzvAUZxVc</p>

Bonus Activities!

K-2: Every Day Activity: Practice Tying your Shoes!

Here are two different ways for tying your shoes, pick which one works best for you

This is the standard way of tying:

<https://www.youtube.com/watch?v=jKIB5UCrUrU>

This is a different way that is good for friends that have a hard time with the standard way:

<https://www.youtube.com/watch?v=BeSkBOYUlag>

Every Day Activities for Everyone: Pick a quick workout to complete

Super Mario Fitness Challenge: https://www.youtube.com/watch?v=9f_dt2XGr

Fortnight Dance Workout: <https://www.youtube.com/watch?v=MnpxQr3KXNw>

Would You Rather Workout: <https://www.youtube.com/watch?v=W35TSS3Oau>

Favorite Character Workout: <https://www.youtube.com/watch?v=hsfheb5UwdI>

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